

Sterling Council on Aging

May 2017



Mother's Day Tea

1 pm Friday

May 12th



This has traditionally been one of our favorite events of the year!
Enjoy a leisurely afternoon with tea & goodies.
Bring your favorite tea cup and wear your pretty hat if you so choose.

RSVP 978 422 3032

OUR PATIO IS OPEN!!



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Sterling Senior Center PO Box 243

36 Muddy Pond Rd 978 422 3032

Director: Veronica Buckley

Outreach Coordinator: Nickole Boardman

Drivers: Pam Dell, Lou Massa, Denis Coughlin,

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Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.

Hours: Mon—Wed 8-4; Thurs 8—8; Fri 8—12:30

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Sterling Council on Aging, Sterling 06-5262



Ken Day

Senior Spotlight by Maureen Cranson

Driving through Sterling Center I noticed a sign highlighting a 'Community Treasures Gala!' Noticing the date I thought 'How cool... we are having a town wide celebration for Ken Day...truly a treasure!' Turns out the sign wasn't for Ken, but who wouldn't celebrate a man who has experienced 100 years on this earth!?!?

So how did we get blessed with the adopted son of Derby Vermont creamery farmers? Turns out Ken's two years at Dartmouth College scored him a business opportunity right here in Sterling. Douglas J. Hayes was looking for a young business partner to learn the intricacies of his Duck Farm enterprise. Ken's professor thought he just might be that student! In 1938, after several conversations with Ken and his folks, the trek was made to Sterling. That trek led to a job that would span more than 40 years. After Mr. Hayes died, the farm became Ken's. He sold the farm and retired in 1978.

Ken met his wife, Marie, when a friend had a friend who had a friend. They raised their five children plus two adopted boys in Sterling. Ken smiles and chuckles a bit when he reminisces, seeing all of his children out waiting for the school bus. When the children were older, Marie decided she wanted to work in some capacity. She was known for her knitting and crocheting. It made sense to Ken to build her a shop next to their home on Bean Road. Thus a new 'yarn and more' shop was born. That shop still stands today and has been occupied with various businesses over the years. Ken was no stranger to building. He had built several homes in Sterling including the one he still lives in today. Someday have him tell you his 'brick' story!

After Ken & Marie retired they decided to venture to a warmer climate. They bought a motor home, jumped in and headed south for the winter with no specific destination in mind. Though Key West was the end of the line, and where they would spend many winters, their travels didn't end there! Over the years they managed to cross the country several times and put 300,000 miles on that motor home!

Just recently Ken gave up his seat of many years on the COA Board. Today he gets to just come to the Senior Center, have coffee and a chat, maybe some lunch, play a bit of pool and enjoy all that is 'game day'. He is also a member of the Championship WII Bowling team!

Ken will be the first to tell you he's had an interesting life. It's obvious that he appreciates all that has made up these 100 years. When one has that many years 'under their belt' it is not surprising that there have been losses. However, Ken does not let those losses define him. He spreads his kindnesses everyday to all he meets. If you have the chance to share some time with him, you will no doubt walk away smiling!

A favorite Ken Day line: 'things aren't what they were 100 years ago!' And he CAN say that. His history and longevity gives him the right!

You are invited to Ken Day's 100th birthday party!

Thursday May 18th at 11:30

Serving Chicken Parmesan—one of Ken's favorite meals! (\$3 donation requested)

Cake and Ice Cream

Limited Seating RSVP 978 422 3032

May UPCOMING EVENTS

- May 2nd 8:30 am** Dull Men's Club featuring conversation about changes in the automotive repair industry.
- May 2nd 9 am** Walking Club. Meet at Cider Mill (Rail Trail)-Every Tuesday
- May 3rd 9:30 am** SHINE appointments. Answers to your insurance questions.
- May 3rd 11:30 am** Home-cooked Potato Bar \$3 donation Sign up please.
- May 4th 10 am -12 pm** BP Clinic sponsored by Sterling EMS.
- May 4th 7-8:30 pm** Artists' Reception of Houghton & Chocksett Middle Schools
- May 5th 8:30 am** Guided Meditation with Bob Stickles \$5
- May 5th 12:15 pm** Birthday Cake for all May birthdays!
- May 6th 6:30 pm** Pitch Party sponsored by the Grange. All are welcome!
- May 9th 9:30-11:30 am** Elder Keep Well Clinic
- May 10th 10 am** Walking Club. Meet at the Senior Center (Track) Every Wed.
- May 10th 11:00 am** SMLD Presentation & Pizza Party (11:45) Sign up please.
- May 11th 9 am** Foot Clinic by appt. \$35 to Foot Care Nurse. Sign up please.
- May 11th 5:30 pm** COA Board Meeting
- May 12th 1 pm** Mother's Day Tea
- May 15th 1pm** Mass Commission for the Blind Presentation
- May 15th 6 pm** Meditation w/ Gina Engel-1st Session & every Monday
- May 17th 11:30 am** Home-cooked Stone Soup \$3 donation. Sign up.
- May 18th 11:30** Celebrating Ken Day's 100th Birthday! Chicken Parmesan \$3 meal donation. Sign up please.
- May 19th 8:30 am** Guided Meditation with Bob Stickles \$5
- May 19th 6-8 pm** Volunteer Appreciation BBQ
- May 24th 11:30 am** Cook-out. \$3 donation. Sign up.
- May 24th 1pm-** Music By Rusty Guertin
- May 25th 9 am** Foot Clinic by appt. \$35 to Foot Care Nurse. Sign up please.
- May 25th 2:30 pm** Book Club featuring Manhunt by James L Swanson
- May 26th 7:30—9:30 am** Pancake Breakfast. Sponsored by FOSS. Plain and surprise pancakes, sausage or spiral ham, scrambled eggs, fruit cup, juices, coffee. \$3 per plate. All ages welcome.
- May 31st 11:30 am** Home-cooked Breakfast for Lunch \$3 donation. Sign up.

SMLD hosts Info Session / Pizza Party

Wednesday May 10th
11am Info Session
11:45 Free Pizza Party

Sean Hamilton, GM and Ray Gouley,
Safety Instructor, will be discussing:

An Overview of SMLD

Consumer Product Safety / Scams

Innovations in Lighting

Free Promotional Item & Door Prize

Sign up, please!

Game Day Tuesdays at 12:30

Let's take over the entire center on
Tuesday afternoons with *GAMES!*

Wii, Dominoes, Scrabble, Bridge are
the old time favorites.

Now adding Cribbage to the mix!

There is always room for new
players, new games.

Instant French

Norm Plourde is restarting his
French class.

Tuesdays 10—11 am

May 9th—June 27th

Attend one class or attend them all!

All levels accepted.

Learn for free. Enjoy the language.

Drop in and say "Bonjour!"

Aging: What's Art Got to Do With It?

The imagination and creativity of adults
can flourish in later life, helping to
realize unique, un-lived potential.

Participants can work on their project
week to week or complete a workshop
project in one session.

Art Workshops Thursdays

12:30—2pm

\$10 includes all supplies

May 4 Inspired by Spring—Mountain Views

May 11 Mixed Media Designs

May 18 Drawing Trees for Relaxation

May 25 Create an Abstract Picture

Sign ups encouraged to ensure we have ample
supplies but drop-ins are welcome!

**"It's the process, not the product,
that counts."**

Join our Walking Club

10 am Wednesdays starting May 10th

Meet at the Senior Center to walk
the track with Janet Cosgrove
or

9am Tuesdays ongoing

Meet at Cider Mill to walk the Rail
Trail with Elaine Theriault

Walk to your Ability / Weather Permitting

We are planning to expand this program to
daily walks. Call for more info.

MAY Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Haddock Newburg 12:30 Zumba 1:00 BINGO \$1 a card</p>	<p>2</p> <p>8:00 - 4:00 Coffee 8:30 Dull Men's Club 9:00 Walking club 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Am Chop Suey 12:30 Game day— dominoes, scrabble, bridge, Wii Bowling and more!</p>	<p>3</p> <p>8:00 - 4:00 Coffee 9:00 Computer class 9:30 Gentle Chair Yoga 9:30 SHINE Appts 11:30 Potato Bar 12:30 Van shopping trip to Christmas Tree Shop 1:00 Wii Bowling</p>	<p>4</p> <p>8:00 - 8:00 Coffee 9:00 Strengthening Yoga 10:00 BP Clinic 11:30 Sw&Sour MBalls 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:30 Ukulele Club 7:00 Artists' Reception</p>	<p>5</p> <p>8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 BBQ Turkey Burger 12:15 Birthday Cake CLOSED at 12:30</p>
<p>8</p> <p>8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Beef & Cabbage Casserole 12:30 Zumba 1:00 BINGO \$1 a card</p>	<p>9</p> <p>8:00 - 4:00 Coffee 9:00 Walking club 9:30 Line dancing 9:30 Open coloring 9:30 Elder Keep Well Clinic 10-11:00 Instant French 11:00 Chair pilates 11:30 Turkey Apple Salad 12:30 Game day</p>	<p>10</p> <p>8:00 - 4:00 Coffee 9:00 Computer class 9:30 Gentle Chair yoga 10:00 Walking Club 11:00 SMLD 11:45 Pizza 12:30 Van shopping trip to Walmart WB 1:00 Wii Bowling</p>	<p>11</p> <p>8:00 - 8:00 Coffee 9:00 Foot Clinic 9:00-Strengthening Yoga 11:30 Stuffed Chicken Brst & Stuffing 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:30 Ukulele Club 5:30 COA Board Meet- ing</p>	<p>12</p> <p>8:00 - 12:30 Coffee 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 Lasagna Roll Up 1:00 Mother's Day Tea</p>
<p>15</p> <p>8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Chicken CoqAu Vin 12:30 Zumba</p>	<p>16</p> <p>8:00 - 4:00 Coffee 9:00 Walking club 9:30 Line dancing 9:30 Open coloring 10-11:00 Instant French 11:00 Chair pilates 11:30 Potato Pollock</p>	<p>17</p> <p>8:00 - 4:00 Coffee 9:00 Computer class 9:30 Gentle Chair yoga 10:00 Walking Club 11:30 Stone Soup 12:30 Van shopping trip</p>	<p>18</p> <p>8:00 - 8:00 Coffee 9:00 Strengthening Yoga 11:30 Chicken Parm Ken Day's 100th 12:30 Art Workshop</p>	<p>19</p> <p>8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates</p>

<p>1:00 BINGO \$1 a card 6 pm Meditation</p>	<p>12:30 Game day</p>	<p>to Target 1:00 Wii Bowling</p>	<p>2:00 Open Coloring 2:00 Mahjong 2:30 Ukulele Club 2:30 Book Club</p>	<p>11:30 Beef Stew CLOSED AT 12:30</p>
<p>8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Shepherd's Pie 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation</p>	<p>23 8:00 - 4:00 Coffee 9:00 Walking club 9:30 Line dancing 9:30 Open coloring 10-11:00 Instant French 11:00 Chair pilates 11:30 Roast Pork 12:30 Game day</p>	<p>24 8:00 - 4:00 Coffee 9:00 Computer class 9:30 Gentle Chair yoga 10:00 Walking Club 11:30 Cookout 12:30 Van shopping trip to Walmart Leominster 1:00 Wii Bowling 1:00 Music</p>	<p>25 8:00 - 8:00 Coffee 9:00 Foot Clinic 9:00 Strengthening Yoga 11:30 Chicken Salad Plate 12:30 Book Club 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:30 Ukulele Club</p>	<p>26 7:30 -9:30 Pancake Bkfst 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 Meatballs w/Egg Noodles CLOSED AT 12:30</p>
<p>29 Memorial Day Holiday CLOSED</p>	<p>30 8:00 - 4:00 Coffee 9:00 Walking club 9:30 Line dancing 9:30 Open coloring 10-11:00 Instant French 11:00 Chair pilates 11:30 Grilled Teriyaki Chicken 12:30 Game day</p>	<p>31 8:00 - 4:00 Coffee 9:00 Computer class 9:30 Gentle Chair yoga 10:00 Walking Club 11:30 Breakfast for Lunch 12:30 Van shopping trip to Family Dollar/Dollar Tree 1:00 Wii Bowling</p>	<p> Like us on Facebook @ Sterling Senior Center</p>	



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The Senior Center is joining with the Conant Library to co-sponsor
 "Exploration of Meditation" with Gina Engel
 6—7 pm Monday Nights at the Senior Center
 This free 8 week program will begin on May 15th.
 Attend one session or attend all eight weeks.

Stepping Out May 4th at 1pm

This is the final session for this four week program. Make every effort to attend (even if this is your first time) as we will be discussing plans for future programming.
 Questions? See Veronica

Mass Commission for the Blind

Monday May 15th at 1 pm

Meet Mimi Flanary who has been with Mass. Comm. for the Blind for 37 years!
 Become informed on the definition of legal blindness, the use of aids and appliances as well as services and benefits.

On The Road Again Trips

September 1st-11th, 2017
 Mt. Rushmore \$949
 Call for more Information
 Contact: Mary Lajoie 978-827-4882

Community Lunch May 6th

You are invited to lunch at First Church in Sterling on Saturday May 6th 12 noon. No cost. No reservations. Entertainment. All are welcome.
 First Church is at 6 Meetinghouse Hill Road, Sterling.
 Questions? Call the church office at 978 422 6657

THE HAPPY TRAVELERS TRIPS LIST

Contact: Gladys Merrow At: 508-835-4312, cell phone 508-612-5312 Or via e-mail: glady2@verizon.net
 Flyers can be picked up at Shrewsbury, Sterling, or WB Senior Center

2017 TRIPS

- | | |
|--|----------|
| July 15 (Sat) Provincetown by fast ferry from Plymouth with dinner on return | \$115.00 |
| Aug. 06 (Sun) Isle of Shoals (New Hampshire) Cruise, lunch at the Warren Lobster House | \$109.00 |
| Sep 19 (Sun) Connecticut Lighthouse Cruise with lunch (New Trip) | \$105.00 |
| Nov 05 (Sun) Ivoryton Playhouse, "The Game's A Foot" (New Trip) | \$122.00 |
| Dec. 1-2 (Fri & Sat) 2 days New York City with Botanical Gardens,,Radio City's Christmas Show & More | |
| TBA | |

Do not hesitate to get on the wait list. Life changes!

Tour list is subject to change. All day trip pricing includes driver & escort gratuity and cancellation waiver. A \$5.00 cancellation waiver has been added to the cost of the day trips to cover any cancellations up to 7 days prior to the trip. The refund will be minus the cancellation waiver. If you cancel after that date, the refund will only be sent if you or we can fill your seat.

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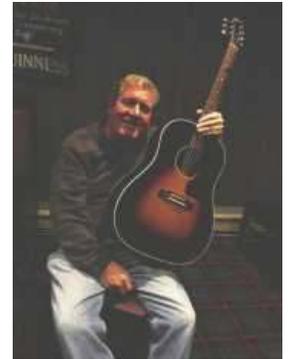
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Our ukulele club is off and strumming . . .

Group lessons with Lou Valentino Thursdays at 2:30 \$5
New members welcomed at any time. No experience required.

Rusty Guertin to entertain Wednesday May 24th at 1pm

Rusty Guertin, local singer and acoustical guitarist, will be playing popular tunes here at the Senior Center. Join us for music and laughs.



Artists' Reception Thursday May 4th from 7 – 8:30 pm Featuring the Artwork of Houghton Elementary and Chocksett Middle School Students

The Senior Center will host the reception for artists, family and guests on May 4th from 7—8:30 pm. In addition to the artists' exhibit, three of the kindness quilts are also on display. The String Ensemble will perform as part of the festivities.

Our gratitude to all who made this possible including Anthony Cipro, Kathy Greene, Christopher LaBreck, Julie Guerin, Susan Torode, Richard Maki and all the artists and musicians. The artwork will remain on display at the Senior Center through the end of June.

Volunteer Appreciation BBQ Dinner

Friday, May 19, 2017 at 6-8 pm

We can never say or do enough to thank our volunteers for all they do to keep our Center running, but we try! Volunteers who have logged in 10 or more hours in the last year and their spouses or significant others will be invited to our BBQ dinner. (If you meet the volunteer requirement and do not receive an invite, please see Veronica.) You must RSVP by phone or in person at the Center!

Look for your invitation and please RSVP early as we have a LOT of volunteers!!!

Men's Club— Financial advisor Christina Lashua presented a financial outlook at the Senior Center Men's Club in April. Market volatility, short and long-term investment strategies, and varied investment vehicles were the main topics.

On the first Tuesday of each month, the Club shares the experiences of talented individuals on a wide variety of subjects of interest to men. Join the Club on May 2nd at 8:30 am for coffee and an interesting conversation about changes in the automotive repair industry.



Sterling Fire Dept Promotes Emergency Preparedness

On March 29th, Chief David Hurlbut, and Firefighter EMT, Jim Emerton, presented a seminar on Emergency Preparedness. Since the 2008 ice storm, the Fire Department has made immense strides to become proactive, including the development of sheltering plans, notification plans, code red, AM

radio 1670 and social media accounts.

The foundation for any personal emergency preparedness plan is the ability to shelter and protect yourself for at least 72 hours. Do you have an emergency kit? Emergency plan for your medications? Predetermined meeting place? Plan for your pets? Emergency contact telephone numbers? Plan to protect and retrieve the vital documents you will need to rebuild your life?

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We serve lunch weekdays at 11:30 am. Every Wednesday we will be preparing our home-cooked favorites. Please make your reservations 24 hours in advance (by 12 noon.) \$3 donation.



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**You are not the average senior.
We are not the average senior center.**

We opened the doors of our new senior center just one year ago. Since then, over 700 seniors have participated.

**“Wise men and women participate,
others are just observers.”**